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Charles, Camilla to visit Vancouver on Canada trip

ROYALTY Prince Charles and his wife, Camilla, will visit Vancouver next month as part of their first trip to Canada as a married couple.

The royal couple is touring 12 cities in Newfoundland, Ontario, Quebec and B.C. from Nov. 2 to 12.

Prime Minister Stephen Harper said in a news release the visit "will allow all of us, particularly young people, an opportunity to learn more about the heritage and traditions of which we are all proud."

THE CANADIAN PRESS

News on the Move

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Going Green pg 8

Hungry invader reaches B.C.

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KRISTEN THOMPSON/METRO VANCOUVER

Brittany and Ryan Qualls and their dogs Digger, left, and Bailey help take a bite out of cancer during the CIBC Run For The Cure in Vancouver yesterday. The annual event raised $1.5 million for the Canadian Breast Cancer Foundation.

Byelection burnout?

New West-Coquitlam candidates hope voters come out Nov. 9

JEFF HODSON
jeff.hodson@metronews.ca

Voters in New Westminster-Coquitlam are returning to the ballot box this November in what will be the riding's fourth federal election in just more than five years.

The byelection was one of four called yesterday for Nov. 9 by Prime Minister Stephen Harper.

Combined with civic and provincial contests, it means that voters in the riding will have cast ballots eight times in four years.

"I really hope folks come out and vote," said Fin Donnelly, a three-term Coquitlam city councillor who is running in the riding for the New Democrats.

"(Voter burnout) is always a concern," he added. "We've had a number of elections, provincially and federally in the past couple of years, and even locally — where I'm used to — the turnout has been very low."

Former Port Moody city councillor Diana Dilworth is running for the Conservatives. The Liberal candidate is environmental engineer Ken Beck Lee. Rebecca Helps is the Green party candidate.

Federal ridings

- The riding was previously held by NDP MP Dawn Black, who resigned in April to run for office in May's provincial election.
- Other byelections will be in Cumberland-Colchester-Musquodoboit Valley (N.S.), Hochelaga and Montmagny-L'Islet-Kamouraska-Riviere-du-Loup (both in Quebec).

"The general consensus is that people are getting tired of too many elections," Lee said. "There is election fatigue."

Lee said he brings an excellent work ethic and said the main issues affecting residents are the economy, the pending HST and addressing the root causes of crime.

Donnelly, who twice swam the length of the Fraser River (1,400 kilometres), said he has a strong track record. He said the issues facing voters in the riding include opposition to "Harper's Sales Tax;" cleaning up the air and water; and the economy.

Neither Helps, nor Dilworth, returned calls before press time.

Blame all around for Dziekanski death, says lawyer

INQUIRY The lawyer representing Robert Dziekanski's mother will start his final submissions at the Braidwood Inquiry today, and while Walter Kosteckyj will have plenty to say about the RCMP, he says there's lots of blame to go around.

"The overview of what I'm going to talk about are all the opportunities that were lost to deal with Mr. Dziekanski right from the get-go," Kosteckyj said.

Customs officers failed to see Dziekanski as he sat for hours in a secure customs hall, and never called a translator when he did emerge. That was after airport staff told his mother, Zofia Cisowski, they couldn't tell her anything about her son due to privacy laws.

Once the Taser was used, airport supervisors broke protocol by not calling the facility's own firefighters or bringing an automatic defibrillator.

Firefighters raised doubts about whether the officers or anyone else monitored Dziekanski's condition after he collapsed. And others raised questions about the firefighters' performance.

Commissioner Thomas Braidwood is expected make recommendations to prevent future tragedies at the end of this week,

THE CANADIAN PRESS

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Local

Good Samaritan's ID a mystery

Transit police say they don't know who returned a lost wallet with $250 and a cheque for $32,000. The wallet, which was turned in at King George Station, belonged to a doctor at Surrey Memorial Hospital. METRO VANCOUVER

METRO INTERNATIONAL NEWSPAPER OF THE YEAR
2009 Festival of Media Awards

News in brief

EMERY Marijuana activists plan to hold a vigil every day outside the North Fraser Pretrial where Prince of Pot Marc Emery is being held until his extradition to the U.S.

MAP The Vancouver 2010 Integrated Security Unit will unveil today a section of the Challenger Relief Map, which will be on display for Games visitors. The section is part of the world's largest relief map built by a B.C. lumberman, who spent seven years individually cutting nearly a million pieces of wood to assemble the 6,000-square-foot map.

CHARGED Mounties in Merritt seized $150,000 in cash that was packaged in vacuum-sealed plastic from the backseat of a pickup truck following a collision on the Coquihalla highway. The driver, a 29-year-old man from Canmore, is facing charges of impaired driving.

METRO NEWS SERVICES

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WHAT'S ONLINE TODAY

Video Stephen Harper does his best Ringo Starr for a black-tie gala in Ottawa at **metronews.ca/canada**

Lotteries

Friday, Oct. 2
Lotto Max: 8, 27, 28, 29, 31, 32 & 35 Bonus 11
Extra: 16, 36, 52, 99
Saturday, Oct. 3
Lotto 6/49: 14, 19, 27, 32, 45 & 49 Bonus 34
BC 49: 1, 16, 31, 34, 43 & 49 Bonus 10
Extra: 17, 75, 77, 83
These results are not official.

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Lights out at Fashion Week

Financial controversy forces Friday show to make do

KRISTEN THOMPSON
kristen.thompson@metronews.ca

B.C. Fashion Week had a rocky end to its Spring 2010 show.

PS Production, the company in charge of the stage, sound and lighting, pulled the plug on Friday's afternoon show at the last minute, forcing models to walk down an ad-hoc runway in the foyer of the Chinese Cultural Centre.

It all had to do with a financial controversy between the production company, a local designer and Chez Noel, the producer of B.C. Fashion Week, said Pariya Kaligi, a spokesperson for Showmax Events.

Showmax had originally signed on with B.C. Fashion Week, but backed out because Noel allegedly failed to pay the company up front, Kaligi said.

PS Production Services signed on in place of Showmax and was paid up front, but through an account belonging to a fashion designer who did not OK the transaction, said Kaligi.

She added that when PS Production learned about possibly fraudulent transaction, it dismantled the stage. Police were called to keep the peace.

Neither Noel nor a representative for PS Production was available for comment yesterday.

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Vigil remembers slain, missing native women

STIG NIELSEN
for Metro Vancouver

CRAB PARK About 150 people were at Vancouver's Crab Park yesterday to remember the hundreds — and possibly thousands — of aboriginal women who have been murdered or are missing in Canada.

"We have lists with well over 3,000 (names of missing women) ... It's time we started doing something about it." Gladys Radek, organizer

Similar rallies were held in several other cities across the country to call for a national plan of action.

The Sisters in Spirit vigils were organized by Amnesty International and The Walk for Justice.

Participant Rose Alexis said it's important to remember Canada's stolen sisters.

"I am here to support the cause. As an aboriginal-born woman we are all subject to becoming stolen sisters," Alexis said.

STIG NIELSEN/FOR METRO VANCOUVER

Aboriginal drummers lead a ceremony at Crab Park in Vancouver yesterday to remember the hundreds of aboriginal women who have been murdered or are missing in Canada.

While the vigil is now in its fifth year, organizer Gladys Radek said women are still disappearing, but no action is being taken by the federal government.

"We have lists with well over 3,000 (names of missing women), Walk for Justice has well over 3,000 names and we get reports from all over the nation. The numbers are climbing drastically," Radek said.

"It's time we started doing something about it instead of society accepting it."

Weapons charges against former Lion dismissed

COURT Weapons charges against former B.C. Lion Josh Boden have been tossed by a B.C. provincial court judge.

Four firearms counts against the former Lions wide receiver have been dismissed.

Crown counsel spokesperson Neil MacKenzie said the judge ruled the pistol found in Boden's possession didn't fit the legal definition of a firearm.

He said the weapon was not operable and the judge ruled that the Crown had not provided evidence to establish that it could have readily been made operable.

Boden, who lives in Surrey, still faces charges of sexual assault for two alleged groping incidents in Vancouver, obstructing police and assaulting a police officer.

On Sept. 24, police issued a rare public warning after Boden was released on bail.

Const. Lindsey Houghton said at the time investigators believe Boden is a threat to public safety because of the way victims in the two alleged groping attacks were targeted.

THE CANADIAN PRESS

3 charged in alleged extortion attempt

CRIME Two Surrey men and another from Abbotsford have been arrested in an apparent extortion attempt targeting a Chilliwack businessman and his family.

RCMP Sgt. Peter Thiessen said a prominent Chilliwack business figure, who police won't identify, had good reason to believe he was being extorted for $500,000.

The incident began on Sept. 22 and triggered an investigation involving more than 100 officers.

The three suspects were arrested Wednesday in suburban Langley when they came to a rendezvous apparently believing they'd be receiving the $500,000.

Twenty-seven-year-old Amit Khera, 19-year-old Shane Werner and 18-year-old Casey Corbett have all been charged with extortion and uttering threats.

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Pitt River Bridge open to commuters
Traffic started flowing over the new Pitt River Bridge yesterday, relieving the former commuter crunch on Lougheed Highway. METRO VANCOUVER

2 hurt in shootings

Men expected to recover from separate incidents

Two Lower Mainland men were taken to hospital with gunshot wounds in separate shootings early yesterday morning.

The first victim, a 20-year-old man who is known to police, was shot in the hand near the 22nd Street SkyTrain station in New Westminster at around 1:30 a.m.

Police found weapons, including a handgun and a rifle, nearby, but it's not evident if they were connected to the shooting.

An hour later, a bouncer at T-Barz nightclub in Surrey was shot in the leg by a would-be patron who was being denied entry.

In February, an associate of the Bacon Brothers was targeted outside the same club.

Police haven't said whether either of yesterday's shootings were targeted.

Both men are expected to recover.

METRO VANCOUVER

News in brief

CAMBIE VILLAGE Residents near a halfway house in the Cambie Village are calling for stricter admissions policies after a man who was staying there was murdered nearby last week, CBC News Online reports. Rajinder Soomel, 35, of Surrey, was shot while walking down Cambie Street on Sept. 29.

MURDER A 15-year-old boy is facing second-degree murder charges after a man from Merrit was killed late last month. Police found the body of 28-year-old Nasir (Nas) Khokhar on Sept. 25 at a park baseball diamond.

CHARGES A 40-year-old woman has been charged in connection with the death of a Maple Ridge teenager who died from a drug overdose after partying at the woman's house. Shannon Raymond, 16, died last year. Victoria Turley is being charged with failure to provide the necessities of life.

LINKS Police say a couple found murdered three days apart had links to the Bacon brothers and the Red Scorpions. Bobby DiGeorgio, 24, was found in a burned-out car in Abbotsford on Aug. 27. Police found the body of Jessica Illes, 23, in DiGeorgio's home.

CHIEF Jody Wilson Raybould, a commissioner with the B.C. Treaty Commission, has been elected B.C. regional chief for the Assembly of First Nations. Raybould, a member of the We Wai Kai First Nation on Quadra Island, replaces Shawn Atleo, who was elected as the assembly's national chief in July.

SECURITY The chair of the Senate's defence and security committee criticized security at Vancouver's seaport and airport, cknw.com reports. Colin Kenny said in addition to there not being enough security scanners at the port, they're usually broken. He also said YVR staff need to be searched before and after work.

FISH FARMS Hundreds of people gathered at the Vancouver Art Gallery on Saturday to decry B.C.'s dwindling salmon stock, which event-goers blamed on fish farms.

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"I cleansed my body and the kilos started melting off!"

Lise Marie lives in Norway and works at a car dealership. She has always loved candy and sodas, but after years of low energy and steady weight gain, she decided to make a change in her life.

"In only 10 weeks I lost 25 kilos! It was wonderful and I am in no doubt that Biofirm was the reason for my success. It was like getting a kick-start back to my old self. I felt more energetic from the start and that motivated me to change my lifestyle."

Kick-starting the diet
"I have always been a sugar junkie. I really needed it to keep my energy high all day. But it made me gain weight and at my highest, I weighed 94 kilos.

Then I read about Biofirm in a newspaper, and about how it would help my body expel toxins and thereby lose weight. I bought a package and started taking the tablets every day, while drinking lots of water and eating almost as usual.

Very quickly I noticed a change. Initially I didn't feel so great, but then after a week, I felt better and more energetic, which then made me want to move around more. After about 2 weeks the weight started dropping fast. At one point my mother actually starting getting worried about me, which I can understand. But I was sure it was because my body needed the cleanse, in order to release the fat."

Maintaining my weight
"Today my body feels light and I can fit my old clothes again. My sugar cravings are much weaker, and I am more physically active. That combination has really worked for me, to keep the weight off. Now I maintain my healthy weight with a cleanse once a year."

Biofirm is a Danish Detox product used for cleansing the body and reducing weight. Its the No. 1 detox product in Europe. In Canada, it can be bought in most pharmacies and health food stores.

WHAT IS DETOXING?

Spas and cleanses are not only reserved for the rich and famous. The herbal tablet Biofirm has helped thousands get a healthier lifestyle.

Whenever you eat food it gets processed in the body, to create energy. In the process, waste products, or toxins, are created. Other toxins, such as chemicals, air particles, pesticides and heavy metals also enter your body. But whether its toxins your body makes or toxins your body receives, they all need to be excreted. If they are not, they affect your health and you start getting symptoms like fatigue, repressed immune system, skin problems, joint problems, mental cloudiness, increased fat accumulation and problems losing weight.

What is Biofirm?

Biofirm is an herbal tablet that contains well-known and tested plant extracts. The natural active ingredients support the livers function and increase detoxification. The herbs also help the kidneys increase the urine production, to support the lymph system and its excretion of toxins.

Facts about Biofirm!

- Biofirm works without having to fast
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- Biofirm is produced in Scandinavia and has been used since 1992.
- Biofirm is the No.1 detox product in Europe and was voted detox product of the year in the UK!
- Biofirm helps the body release toxins that are stored in fat cells.
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For more information, please call 1-800-261-4223 or visit us at **www.newnordic.ca**

Producers agree to commercially produce rare chickens

There are thought to be only 2,000 Chantecler chickens alive, with the majority of them in Quebec. Three organizations representing Quebec's egg and poultry producers recently signed an agreement to allow limited commercial production of the Chantecler. THE CANADIAN PRESS

Canada

Out-of-this-world milestone marked

Canada is marking a space travel milestone today: it will be a quarter-century since the country's first astronaut blasted into space. Marc Garneau, left, hitched a ride aboard the now-infamous Space Shuttle Challenger on Oct. 5, 1984, beginning an eight-day mission. Garneau, now a Liberal MP from Montreal, says he's surprised with how far space travel has come. The anniversary coincides with another first — Guy Laliberte, a Canadian circus billionaire who is preparing to stage a concert from space next week, is Canada's first space tourist. THE CANADIAN PRESS

Archbishop laments scandal

Faith left shaken after child-porn charges rock N.S. diocese

PAUL MCLEOD
Metro Canada

Catholics across Nova Scotia were given a very personal, very anguished message when they went to church yesterday from the Archbishop of Halifax.

All eyes have been on the church since former bishop Raymond Lahey of the Diocese of Antigonish was arrested and charged in Ottawa last week with possessing child pornography.

Archbishop Anthony Mancini of Halifax, who has been appointed the apostolic administrator of the Antigonish diocese, discussed the scandal in a letter to be read in every Catholic church in the province yesterday.

At Saint Mary's Basilica in Halifax he read the letter himself, which openly deals with him questioning his faith.

"Enough is enough. How much more can all of us take?" he read.

"Like you, my heart is broken, my mind is confused, my body hurts and I have moved in and out of a variety of feelings, especially shame and frustration, fear and disappointment, along with a sense of vulnerability and a tremendous poverty of spirit."

He questioned why God let it happen, what it could mean and whether this is "a time of purification, or is it nothing more than devastation?"

He ultimately urged Catholics to come together and gain strength from each other.

Near the end of the service, a priest read a series of prayers, including one for victims of sexual abuse. When he finished, Mancini added one final prayer for the former bishop Lahey.

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Montreal **Canine communion**

RYAN REMIORZ/THE CANADIAN PRESS

Alexa Nadeau receives communion with her dog Christy at Christ's Anglican Church yesterday in Montreal. The church is running a four-week pilot project that allows worshippers to bring their dogs to church.

News in brief

BILLS A Liberal senator and an NDP MP are seeking all-party support for new legislation that could restart Canada's ambitious promise to deliver cheaply priced drugs to countries fighting AIDS, malaria and other epidemics. Liberal Senator Sharon Carstairs and NDP MP Judy Wasylycia-Leis both have bills before Parliament to fix Canada's Access to Medicines Regime — dysfunctional legislation that has only worked once in five years. Carstairs and Wasylycia-Leis held a joint press conference in Winnipeg on Friday, saying this is a "humanitarian issue." THE CANADIAN PRESS

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*Limited time finance offer available through Volkswagen Finance, on approved credit. Base MSRP of $25,635/$16,660/$29,150 for a new 2009 Jetta TDI 2.0L / Golf City 2.0L / Tiguan 2.0T base model with 6-speed manual transmission / 5-speed manual transmission / 6-speed manual transmission (including $1,360 freight and PDI for Golf City / Jetta TDI and $1,575 freight and PDI for Tiguan) financed at 0% APR for 36 months, equals $712.08/$462.77/$809.72 per month. Dealer may sell for less. Down payment or equivalent trade-in, due at signing, may be required. Cost of borrowing is $0 for a total obligation of $25,635/$16,660/$29,150. PPSA, license, insurance, registration, any dealer or other charges, options and applicable taxes are extra. Offer ends December 31, 2009 and is subject to change or cancellation without notice. 2009 Jetta TDI Clean Diesel as shown is $33,578 with options and accessories. 2009 Golf City 2.0L as shown is $18,816 with options and accessories. 2009 Tiguan 2.0T as shown is $35,670 with options and accessories. Dealer order/trade may be necessary. **Volkswagen recommends keeping the ESP on under most driving conditions. †Airbags are supplemental restraints only and will not deploy under all accident scenarios. Always use safety belts and seat children only in the rear seats, using restraint systems appropriate for their size and age. ††For more information, see GreenCarJournal.com. ‡Check with your Volkswagen dealer before purchasing to make sure that your vehicle qualifies for a PST reduction. Used vehicles and vehicles purchased outside of Canada are not eligible for this program. For more information on the qualification for the PST reduction for fuel-efficient vehicles, visit www.livesmartbc.ca/transportation/t_rebates.html. "Volkswagen", the Volkswagen logo, "Jetta", "TDI" and "Tiguan" are registered trademarks of Volkswagen AG. "Das Auto & Design", "Golf City" and "TDI Clean Diesel" are trademarks of Volkswagen AG. "Green Car of the Year" is a registered trademark of R.J. Cogan Specialty Publications Group, Inc. © 2009 Volkswagen Canada.

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6 **California and Arizona wildfires scorch 4,500 acres**
A wildfire that charred 14.2 square kilometres of California's San Gabriel Mountains continued yesterday. In Arizona, residents remained evacuated as fires burned 1,000 acres. THE ASSOCIATED PRESS

World

Deadly day for U.S. in Afghanistan

Hundreds of insurgents armed with automatic rifles and rocket-propelled grenades stormed a pair of remote outposts near the Pakistan border, killing eight U.S. soldiers and capturing more than 20 Afghan security troops in the deadliest assault against U.S. forces in more than a year, American military officials said yesterday.

The fierce gunbattle, which erupted at dawn Saturday in the Kamdesh district of mountainous Nuristan province and raged throughout the day, is likely to fuel the debate in Washington over the direction of the troubled eight-year war.

It was the heaviest U.S. loss of life in a single battle since July 2008, when nine American soldiers were killed in a raid. Gen. Stanley McChrystal, the top U.S. and NATO commander in Afghanistan, plans to shift U.S. troops away from remote outposts that are difficult to defend and move them into more heavily populated areas as part of his new strategy to focus on protecting Afghan civilians. The Taliban claimed responsibility for the attack. Canadian NATO spokesman Brig. Gen. Eric Tremblay said the assailants included a mix of "tribal militias," Taliban and fighters loyal to Sirajudin Haqqani, an al-Qaida-linked militant based in sanctuaries in the tribal areas of Pakistan near the Afghan border. THE ASSOCIATED PRESS

Statement

- Afghanistan is not in imminent danger of falling to the Taliban, U.S. President Barack Obama's national security adviser said yesterday. Retired Gen. James Jones' comments came hours after the attacks that killed eight Americans.

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Philippines hit by deadly storm again

TYPHOON Landslides buried two families in the Philippines as they sheltered in their homes from Asia's latest deadly typhoon, which killed at least 16 people and left more than a dozen villages flooded yesterday.

Typhoon Parma cut a destructive path across the northern Philippines Saturday but spared the capital, Manila. It headed out to sea, and last night was hovering less than 100 kilometres off the coast, where it was expected to stay for the next three days, forecasters said.

That was close enough to Taiwan to cause heavy rain on the island, where troops were evacuating villages.

Philippine Police Senior Supt. Loreto Espineli said a family of five died when their home in Benguet was buried as Parma hit. Seven people were also buried in a nearby village, he said.

Parma hit just eight days after a storm hammered Manila, killing almost 300 people. THE ASSOCIATED PRESS

BULIT MARQUEZ/THE ASSOCIATED PRESS

Residents travel by boat amidst flooding south of Manila.

8 killed, 88 injured after train derails in Thailand

DEATHS A train derailed during heavy rains yesterday near the coastal Thai city of Hua Hin, killing at least eight people, including a two-year-old girl and injuring 88 others, officials said.

The train jumped the tracks before dawn near the popular resort on the Gulf of Thailand during a trip from the southern city of Trang to the capital, Bangkok, said Police Lt. Col. Udom Chainoom.

Of those injured, 22 were hospitalized. All of those killed were Thais, said police Lt. Col. Udom Chainoom.

About a half-dozen of the train's 16 cars were derailed. At least one victim was crushed between train carriages, said Yuthana Thapcharoen, head of the State Railways of Thailand.

He declined to comment on media speculation that the accident was caused by a malfunctioning railway switch. THE ASSOCIATED PRESS

News in brief

ELECTION Greece's Socialists trounced the governing conservatives in a landslide election yesterday, with voters angered by scandals and a faltering economy ousting Prime Minister Costas Karamanlis halfway through his second term. George Papandreou, 57, now follows in the footsteps of his father, Andreas Papandreou — who founded his Panhellenic Socialist Movement party, or PASOK — and grandfather and namesake George Papandreou, both of whom served several terms as prime ministers.

THE ASSOCIATED PRESS

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Comment

At least you're not the bird

HineSight

Anne Hines

metronews.ca/hinesight

Thankfulness has more to do with who you are than where you are. For instance, today is Monday. For all of us. It's October, meaning that in most parts of this country the weather can be loosely described as "complete crapolla." In spite of this, some of us are thinking, "A new week! Who knows what magical things may happen? And look, a free newspaper. Could life be any better?" Whereas others are thinking, "Yes, it damn well could."

It is simply the case that some people find it harder to be thankful than others. Normally, we call these people "pessimists" or "Toronto Maple Leaf fans."

The first step to being thankful is to consider which type of person you are. Ask yourself this question:

"If my life were a movie, what kind of movie would it be?"

Those who see their lives as a Sandra Bullock romantic comedy believe that, though there will be a kooky mix-up and all will seem lost two-thirds of the way through, ultimately life will end happily and your hair will look great. These people find it easy to be thankful.

If you picture your life as a Bruce Willis action movie, then you may see the world as a place where good always triumphs over evil and poor acting and questionable plot lines will always be graciously overlooked by others so long as you make enough things blow up.

You also are a thankful person. A little scary and delusional perhaps, but thankful.

If you see your life as one of those arty foreign films in which everyone sits around intoning, "We must go to Moscow," and the entire thing is shot from the perspective of a three week old loaf of pumpernickel bread, it may be harder for you to see life as something to be thankful for. In fact, you should forget about thankful and just seek help. Now.

So, can those of us who are gratitude-ily challenged still enjoy Turkey Day? Absolutely. Simply change your outlook by repeating one of these mantras:

"Sure things are bad, but I'm way better off than that turkey."

"My relatives are charming and cranberry jelly mold is my favorite dish."

"I don't have to do this again until Christmas."

Happy Thanksgiving!

Anne Hines is an author and humour writer. She has written three novels and one collection of nonfiction humour.

Views

City looking for transit gold at the Olympics

InTransit

Derek Moscato

dmoscato@yahoo.com

Panic not, commuters.

The 2010 Winter Olympics, which are less than five months away, are not going to be the traffic and transit armageddon that some residents in Metro Vancouver might be predicting.

But for several weeks starting in February, they are going to require many of us to change our travelling habits. That's the word from Dale Bracewell, the City of Vancouver's director of Olympic transportation. Bracewell has the unenviable task of finding a way to keep athletes, spectators, volunteers and work-a-day commuters moving in and around the city during 17 intense days of competition and partying, not to mention the Paralympic Games that follow.

"There will be impacts," he told me in understated fashion last week. Get ready for everything from heavy downtown parking restrictions, to no-stopping zones, to the highly publicized Olympics Lanes, which are reserved for VANOC accredited vehicles and TransLink buses.

As you might imagine, these will not be ideal conditions for single occupant vehicles. The Olympics transportation plan wisely prioritizes transit whenever possible.

It also makes the case for cycling. Some may scoff at the notion of riding a bike during the relatively frigid month of February. But Bracewell notes — quite rightly — that these won't be ordinary times. Braving the elements notwithstanding, getting on a two-wheeler could be the most hassle-free form of transport going. This might be especially true for the thousands who will be working or volunteering at Olympics sites such as the downtown stadiums or the athletes' village.

"For those who have a bike and are ready to go, we want to make sure the bike option is well thought out," he said. "Even though (the number of cyclists) is a small percentage, it's not a small number — it's the equivalent of 40 to 60 buses."

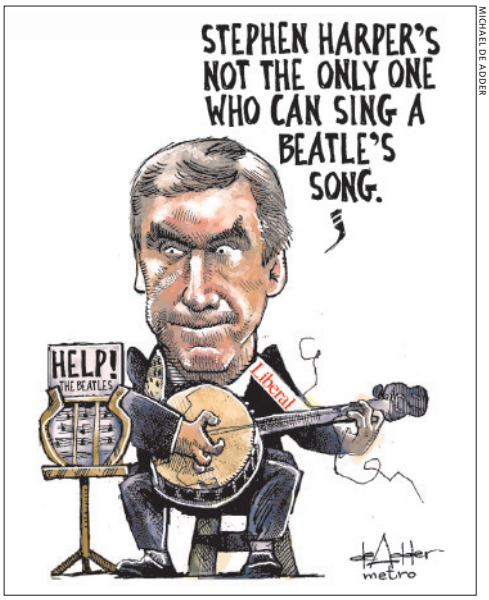
Another best bet for getting around during the Olympics: walking. Significant stretches of Granville, Robson, Beatty and Mainland streets will be devoted to pedestrians only.

These foot traffic corridors will help folks move easily between Games sites, and to easily access SkyTrain and Canada Line stations.

While VANOC and the city have an Olympics-sized people moving challenge on their hands, there's no doubt that commuters — especially those travelling to or through the city centre — will have to do their part.

Like Canada's goal of hockey supremacy in 2010, the quest for transportation gold will require a true team effort.

Derek Moscato is a writer with a focus on urban issues, transportation, architecture and economics; dmoscato@yahoo.com.



MICHAEL DE ADDER

Worth Mentioning

Sex workers challenging prostitution law in court

LAW If she could do it herself, Terri-Jean Bedford would strike down Canada's prostitution laws, perhaps using the riding crop she plans to bring to court.

Instead, the Toronto dominatrix and two other sex workers have launched a sweeping constitutional challenge to the legislation, arguing it perpetuates violence against women.

Their argument

- They argue that prohibitions on keeping a common bawdy house, communicating for the purposes of prostitution and living off the avails of the trade force them from the safety of their homes to the insecurity of the street, where they are exposed to physical and psychological violence.

The landmark case gets underway tomorrow in a courtroom where Bedford, in a nod to traditionalism, is promising to arrive conservatively attired, even if she is packing a tool of her trade.

"You never know when you might run across a naughty boy, or a naughty judge," she teased in an interview.

The 49-year-old Toronto grandmother, along with prostitutes Valerie Scott, 51, and Amy Lebovitch, 30, is asking Ontario's Superior Court of Justice to invalidate Criminal Code provisions that serve as Canada's policy response to the world's oldest profession.

TORSTAR NEWS SERVICE

We Know What You're Thinking

23% The number of Canadians who say the public schools in their community have become safer over the past five years.

IPSOS REID

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Letters must include sender's full name, address and phone number – street name and phone numbers will NOT be published. We reserve the right to edit letters.

Keep a lid on your heat

If you have a wood-burning fireplace or stove, make sure the damper fits tightly and keep it closed when there's nothing burning. Otherwise, huge amounts of heat will pour up the chimney. TORSTAR NEWS SERVICE

Going Green

Chuck those baby wipes

Most baby wipes contain propylene glycol, a derivative of natural gas and hormone-disrupting parabens, according to Gillian Deacon's Green For Life. Instead, try wiping your baby with small washcloths and warm water.
TORSTAR NEWS SERVICE

Bundle up: It's time to save on heat

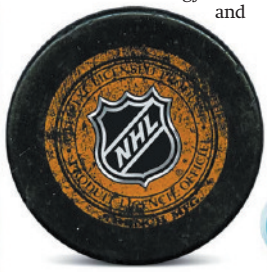
EarthTones

The leaves are turning, the Leafs are losing, turkeys are on sale at the grocery and there is a nip in the air. These are all sure signs that fall is here. This means that it is, or will be soon, time to turn on the heat. This seems like a good time to examine what we can do to reduce the amount of heat-related energy we use this winter.

Set your thermostat as low as possible

The first thing is to make sure your furnace is in good working order. Having a dirty filter slows the passage of air through the furnace so a furnace with a clean filter operates more efficiently than one with a dirty filter. Also, like a car, keeping all the moving parts in a furnace clean, lubed and "tuned up" also adds to the efficiency and subtracts from your energy bill.

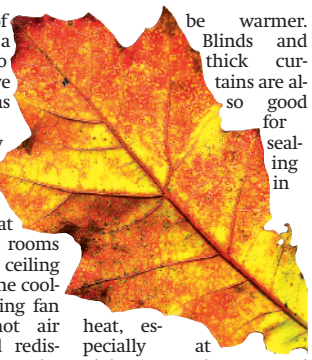
For us a key tool for energy conservation is a programmable thermostat. These ingenious little devices mean that you no longer have to remember to turn the heat down before you go to bed or go out for the day. Plus, and this is huge, it means that you can wake up to or come home to a warm house. If you have a regular routine (get up, go to work, etc.) simply program the thermostat to have your house warm for you when you get up, cool it down again when you go to work and then have it warm again when you come home. Many models can be set with a different program for 9 week days from weekends since requirements may be different for those days. Some can even be set for different programs for each day of the week, if your life and schedule are that complicated. All thermostats also have manual overrides for when you step outside your routine. When used properly programmable thermostats can significantly reduce energy use and heating bills. Plus they are not that hard to install or program.



Thermostats should also be set as low as possible (within the limits of comfort). Not higher than 21 degrees Celsius is suggested for the daytime (when you are home) and 2-3 degrees lower at night. Obviously the health and age of the occupants of a home will play into that decision, but we should try to go as low as we can.

Another energy saving device is the ceiling fan. As we know, hot air rises therefore the heat we pump into our rooms can end up near the ceiling while we shiver in the cooler air below. A ceiling fan can move this hot air around and redistribute it into the room.

Lower tech energy saving tips include blocking drafts. If you have older windows and don't see yourself springing for new well-sealed ones this year consider sealing them with plastic. You can buy these window sealing kits in hardware stores. It doesn't look great at first but in a couple of days you won't even notice it and you will be warmer. Blinds and thick curtains are also so good for sealing in heat, especially at night. Don't heat unused space: close doors to and vents in rooms that are not used or curtain off unused areas.



Saving energy used for heating lets us actively participate in conservation and also save money. So dig out the sweaters and bundle up, and have a warm, safe, and less costly winter.

Sophia Dore is an environmental scientist with Conestoga-Rovers & Associates. Andrew Laursen is an assistant professor at Ryerson University; earthtones.metro@gmail.com.

Green invading machines reach Vancouver

Eco-Minded

Did you know that B.C. is under invasion? A crab with a voracious appetite, the European green crab, was introduced to San Francisco Bay almost 20 years ago and has now reached the Northwest coast of Vancouver Island. The consequences could be dire for B.C. fisheries.

Green crabs are insatiable consumers of our local clams, oysters, and mussels, and out-compete our native Dungeness crabs — all but green crabs are harvested here. Predictions of European green crab invasion estimate a loss of revenue from these fisheries anywhere from $9 to $26.8 million. This translates up to 826 jobs associated with harvesting and processing lost just due to this invading crab.

REBECCA KORDAS

European green crabs, like the one above, are invading B.C. and eating hordes of shellfish along the way.

Costly

- The economic cost of European green crab in New England is estimated at an annual cost of $44 million.
- European green crab has spread outwards from San Francisco Bay invading the coastline from Baja California to the north-western coast of Vancouver Island.
- Green crab are predicted to continue their northward invasion until they reach southern Alaska.

The shellfish threatened by this invasion provide more than just commercial revenue and recreational harvest. By filtering toxins and nutrients from Strait of Georgia, shellfish help to increase oxygen levels and reduce toxic poisoning in other organisms. In addition, this invasion will likely exacerbate the loss of biodiversity and alter important habitats, such as eelgrass beds, within our local marine waters. What's worse, once they're established, green crabs and other invasive species are virtually impossible to remove.

But these predictions are not foregone conclusions: we can still fight the invasion. While Green crabs are predicted to enter the Strait of Georgia in the near future, they have yet to arrive in our local waters. Maybe with coastal watch programs and tight controls on shipping we can turn back this and other invasions before our marine ecosystems are changed forever.

Kai Chan is an assistant professor and Canada Research Chair at the Institute for Resources, Environment, and Sustainability (IRES) at UBC; vancouverletters@metronews.ca.

Biodiesel beginning to gain acceptance

Clean burning fuel made from recycled cooking grease and distressed Canola plants, also known as biodiesel, is making its way into more vehicles.

Dozens of Canadian cities are now blending it with regular diesel in their government fleet trucks and buses as a way to cut emissions. Biodiesel is non-toxic, biodegradable, and produces about 75 per cent less carbon emissions than regular diesel.

Most provinces still only have a few places that sell it at the pump, but the trend is growing. The BC government started to gradually implement legislation at the beginning of 2009. By the end of 2010, all diesel fuel sold in B.C. will be at least a B5 blend — five per cent biodiesel, 95 per cent regular diesel.

Five per cent may seem low, but an entire network of stations, reliable suppliers and standards that don't void some engine warranties is still being worked out. Alberta, Manitoba and the federal government have plans to follow B.C.'s lead with similar programs, likely with a B2 blend to start.

SUBMITTED PHOTO

The cost increase and limited access of biodiesel pale in comparison to supporting fuel with a 75 per cent decrease in carbon emissions, says FrogBox manager Phil Harbut.

Stations like Autogas on Main Street in Vancouver use a much higher B20 blend made entirely from post-consumer restaurant kitchen grease. "We pay 2 to 4 cents a litre more for B20 biodiesel, and fill up spots are still limited," says Phil Harbut, who manages FrogBox, a low waste moving supply service in Vancouver. METRO NEWS SERVICES

Court throws out genocide lawsuit against Calgary-based firm

A federal appeals court in New York has ruled that a lawsuit alleging Calgary-based Talisman Energy Inc. aided genocide in its pursuit of oil in Sudan was thrown out. THE CANADIAN PRESS

9

Business

EDITOR: FERMIN.DESOUZA@METRONEWS.CA

G7 ministers talk up dollar

Finance ministers from the Group of Seven rich countries warned the recovery remains "fragile" and tried to talk up the U.S. dollar amid fears it could fall farther and disrupt the global economy.

The officials said in their closing statement after meeting Saturday in Istanbul that decisive moves by governments had improved conditions for the world economy and financial markets.

But they warned against "complacency" since growth prospects remained "fragile" and unemployment continues to rise. They agreed it was too soon to withdraw the stimulus measures such as government deficit spending and rock-bottom interest rates that have helped restart growth.

STEPHEN JAFFE/AP PHOTO/IMF

G7 finance ministers and their bank governors pose for a group photograph at the Istanbul Congress Center in Istanbul, Turkey on Saturday.

U.S. Treasury Secretary Timothy Geithner said the United States will unwind the "extraordinary" policy measures it has taken only when conditions stabilize.

The Federal Reserve has slashed its key interest rate to near zero per cent and pumped over a trillion dollars into the markets to sustain liquidity, while the Obama administration enacted a near $800 billion package of spending increases and tax cuts to prop up the economy.

Much of the rest of the world has done likewise and the result has been the faster than expected rebound in growth. Earlier this week, the International Monetary Fund raised its forecast for 2010 global growth to 3.1 per cent from 2.5 per cent just three months ago, largely because of these stimulus measures. THE CANADIAN PRESS

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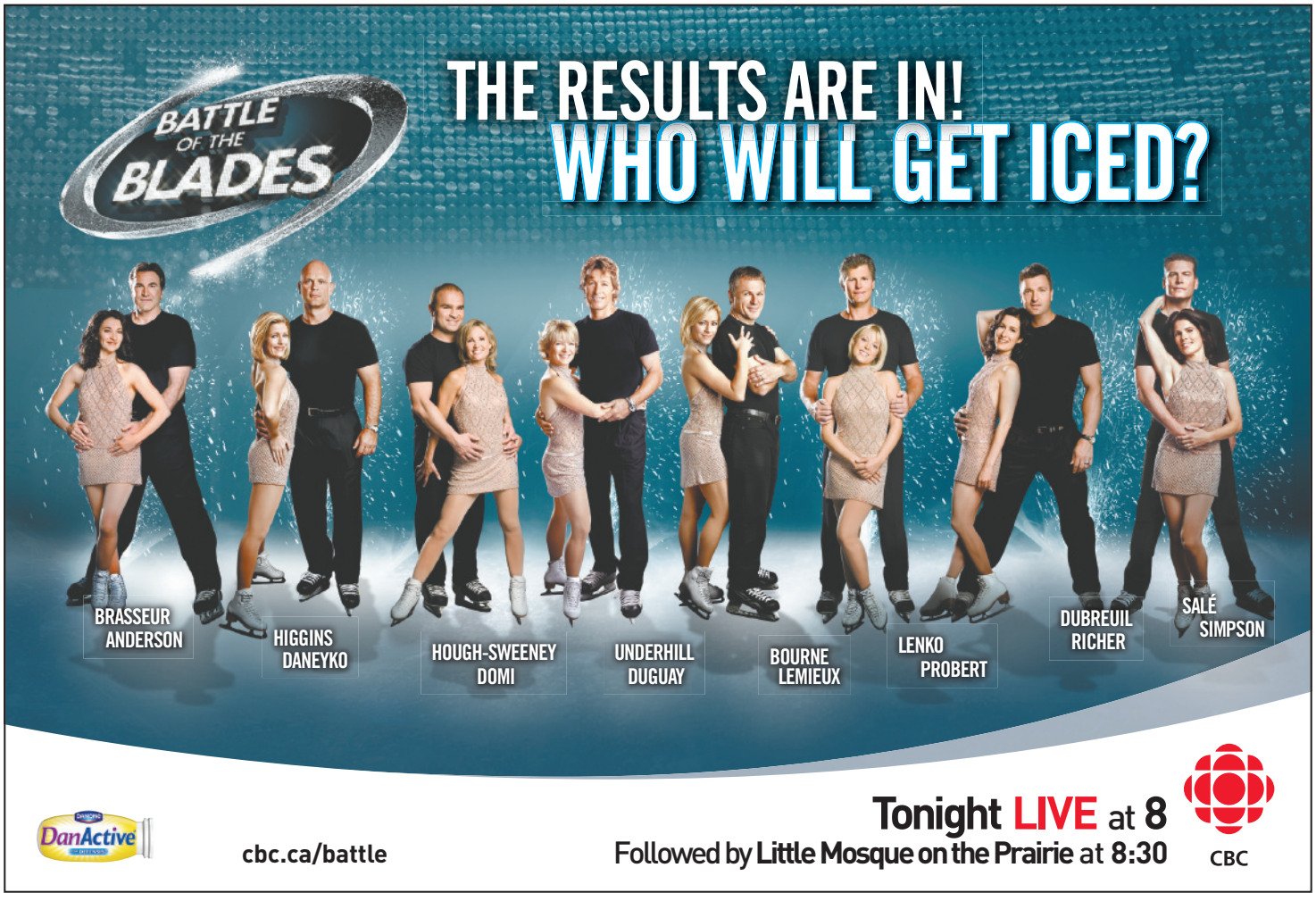

Mauer, Ramirez take batting titles

Minnesota's Joe Mauer all but locked up his third American League batting title in four seasons, and Hanley Ramirez became the first Florida Marlins player to win a National League batting crown yesterday. While Minnesota meets Detroit tomorrow, Mauer would have to go 0-for-18 or worse to drop behind Seattle's Ichiro Suzuki. THE ASSOCIATED PRESS

Sports

Vettel wins Japanese GP

Red Bull's Sebastian Vettel, left, won Formula One's Japanese Grand Prix yesterday to revive his championship hopes. Vettel finished ahead of Toyota's Jarno Trulli and McLaren's Lewis Hamilton in the race at Suzuka. Drivers' championship leader Jenson Button of Brawn GP was eighth, a place below teammate Rubens Barrichello. THE ASSOCIATED PRESS

EDITOR: CHRIS.CLEMENTS@METRONEWS.CA

Whitecaps advance to all-Canadian USL final

Vancouver overcame a 2-1 halftime deficit and held on for a 3-3 tie with the Portland Timbers yesterday, giving the defending champion Whitecaps a 5-4 aggregate win in the United Soccer Leagues First Division semifinal series.

The Whitecaps will face the Montreal Impact in the league final. Montreal beat the Puerto Rico Islanders 4-2 in the other two-game semifinal.

Vancouver, ranked seventh entering the playoffs, beat the top-ranked Timbers 2-1 Thursday in Vancouver in the first leg of the semifinal.

The Whitecaps added to their overall lead quickly in yesterday's game when Marcus Haber scored four minutes into the game.

The Timbers roared back, however, as Brian Farber scored in the 10th and 43rd minutes to give his team a 2-1 lead in the game and tie the semifinal series 3-3 in front of 14,283 fans

Martin Nash restored Vancouver's series lead with a goal in the 60th minute, before Marlon James added some insurance for the Whitecaps in the 71st minute.

James' goal would prove crucial as Alex Nimo scored in the 84th minute to cut Vancouver's aggregate lead to a single goal. That was as close as the Timbers would get as the Whitecaps advanced to an all-Canadian final.

THE CANADIAN PRESS

Former Lion doing well in NFL, leads Miami to win

ROOKIE He came from the left. He came from the right. He came from the CFL.

Yesterday, Cameron Wake kept winding up in the Buffalo Bills' backfield.

The 27-year-old rookie sacked Trent Edwards three times to help the Miami Dolphins earn their first win of the season by beating the Bills 38-10. Wake signed with the Dolphins in January after totalling 39 sacks in two seasons with the B.C. Lions.

He didn't play in Miami's first two games and saw little action last week. But with pass rusher Joey Porter out, Miami turned Wake loose.

"I've been waiting a long time for this," Wake said. "It has been a long road to get to the NFL. To go out there and get my first NFL sack and to win the game, you can't ask for much more than that."

THE ASSOCIATED PRESS

Sports in brief

GOLF Lorena Ochoa successfully defended her Navistar LPGA Classic title, overcoming early troubles to shoot a 2-under 70 yesterday for a four-stroke victory over Michelle Wie and Brittany Lang.

UFC Canadian lightweight Sam (Hands of Stone) Stout (15-5-1 including 3-4 in the UFC) will meet Joe Lauzon (17-4 including 5-1 in the UFC) at UFC 108 on Jan. 2 in Las Vegas. Lauzon confirmed the fight yesterday via Twitter and Facebook.

METRO NEWS SERVICES

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Twins, Tigers head to one-game playoff

BASEBALL The chase for the American League Central championship once again is going to extra innings.

Trying to save their seasons, the Detroit Tigers and Minnesota Twins both won yesterday, leaving them all even for the division lead and forcing a one-game tiebreaker.

They'll meet tomorrow at 5 p.m. ET at the Metrodome in what could be the final baseball game at the Homer Hankie haven. Detroit rookie Rick Porcello (14-9) will start against Scott Baker (15-9).

This marks the second straight year a tiebreaker will decide the AL Central. Last season, the Twins lost 1-0 at Chicago.

After Detroit beat Chicago 5-3, Minnesota downed Kansas City 13-4 to create this playoff. The Twins won 16 of their last 20, and overcame a three-game deficit by winning their last four.

The New York Yankees, holding home-field advantage throughout the postseason, can choose whether they want to start the playoffs against the Twins-Tigers winner on Wednesday or Thursday.

THE ASSOCIATED PRESS

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DARRON CUMMINGS/THE ASSOCIATED PRESS

Seattle Seahawks running back Edgerrin James is tackled by Indianapolis Colts defensive tackle Ed Johnson yesterday.

Seahawks can't match Manning 'greatness'

NFL RESULT

Seahawks 17 Colts 34

SEA AT IND

FOOTBALL Peyton Manning is back in his old groove.

The clock-beating drives, the milestones, the victories are all part of his weekly routine again. Not even those opponents trying to play keep-away can foil the three-time MVP these days.

Manning led the Colts to touchdowns on four of their first five drives yesterday, tied league marks established by Fran Tarkenton and Dan Marino and extended Indianapolis' regular-season winning streak to 13 with a 34-17 victory over Seattle.

"We played greatness today," Seattle coach Jim Mora said. "He's one of the finest of all times."

For Manning, whose trophy case already includes three MVP awards and a Super Bowl ring, it's been possibly his most impressive start in 12 NFL seasons.

Yesterday, he was 31 of 41 for 353 yards, marking the first time Manning has topped 300 yards in four consecutive games. It's also a franchise record.

Elsewhere in the NFL it was: Cincinnati 23 Cleveland 20 (OT), Jacksonville 37 Tennessee 17; New England 27 Baltimore 21; N.Y Giants 27 Kansas 16; Chicago 48 Detroit 24; Washington 16 Tampa Bay 13; and Houston 29 Oakland 6.

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Mauer, Ramirez take batting titles
Minnesota's Joe Mauer all but locked up his third American League batting title in four seasons, and Hanley Ramirez became the first Florida Marlins player to win a National League batting crown yesterday. While Minnesota meets Detroit tomorrow, Mauer would have to go 0-for-18 or worse to drop behind Seattle's Ichiro Suzuki. THE ASSOCIATED PRESS

MLS needs more Canadians

It'sCalledFootball

Ben Rycroft

metronews.ca/itscalledfootball

No matter how you slice it, MLS has always been a league designed to help Americans win.

I'm not talking about some kind of unfair advantage that sees big market clubs with easier schedules or such — I'm talking about the rules against allowing Canadian university soccer players into the MLS draft.

As it stands now, no team can draft a CIS player through the MLS SuperDraft — the only eligible players compete in the NCAA.

It's not from lack of quality; it stems from the fact that MLS was created as an American domestic league with the express purpose of improving the U.S. men's national team. It's a league that, up until a few years ago, had very little stake in doing anything else.

But now, with one Canadian team in and two more likely on the way for 2011, it's time the league took a look at amending that rule

For now, set aside the labour-law issues that would arise and look at the growth that MLS will experience over the next three years: 16 teams today; 18 teams by 2011; and likely 20 teams by 2012.

On the 24-player rosters, an American team must carry at least 12 U.S.-born players. On the Canadian squads it's slightly less — 13 North American players, seven of which must be Canadian.

That works out to 50 more domestic-player spots in the league by 2012.

To prepare, the league has started loosening its rules on signing academy players. But, with the rapid growth and most team academies still in their infancy, it will not be enough to fill those slots.

It needs to find another source of domestic players; preferably one that already has a system of development built in.

Enter the CIS. Over the last decade, no system of scouting and player development has grown as quickly as CIS soccer. Trinity Western, Montreal and York Universities spring to mind as the best examples. They churn out some of the highest-level talent in the country and if direct access to MLS were available, there is no doubt CIS players would be playing there today.

For what is now clearly a North American league, it's time for it to start exploring other options.

Watch Ben Rycroft on the It's Called Football show every Monday at metronews.ca; ben.rycroft@metronews.ca

Sports in brief

BASEBALL Felix Hernandez finished tied for the major league lead with 19 wins and the Seattle Mariners beat the Texas Rangers 4-3 yesterday in a season finale that doubled as a day-long tribute to Ken Griffey Jr. The 39-year-old Seattle icon finished his one-year contract with the Mariners by going 1-for-4. Griffey has said he would be interested in playing another season if the team wants him.

GOLF Tim Thelen shattered the Callaway Golf PGA Assistant Championship scoring record yesterday, shooting a 4-under 68 to finish at 23-under 265 — seven strokes ahead of second-place Sean Dougherty. Thelen, the 48-year-old PGA assistant professional at The Falls Golf & Country Club in New Ulm, Texas, opened with rounds of 66, 65 and 66 on the PGA Golf Club's Wanamaker Course. He broke the tournament record of 270 set by Kyle Flinton in 2003.

NBA The NBA Board of Governors approved the further expansion of instant replay for the upcoming season. Referees will now be able to use replay at any point during the game to determine if a shot attempt or foul occurred prior to a 24-second shot clock violation.

METRO NEWS SERVICES

Wisconsin Fire prevented

BOB IMRIE/THE ASSOCIATED PRESS

Julie Kolk, manager of Milwaukee Burger Co., stands outside the business last week, in Eau Claire, Wis. The restaurant is scaling back plans to burn Brett Favre memorabilia during tonight's Packers-Vikings game. Kolk says the fire department wasn't pleased about plans to ignite the Favre gear.

IOC system takes aim at betting corruption

VANCOUVER 2010 Games

The International Olympic Committee is setting up a new system to watch for corrupt betting practices linked to Olympic competitions and it will be in place for the 2010 Vancouver winter games.

The monitoring program is part of broadening efforts in sports to tackle the menace of corrupt and irregular betting and match-fixing.

A new Swiss company, International Sports Monitoring, will monitor betting on next February's Vancouver games and the 2012 London Olympics for the IOC. It will get information on betting patterns from 400-450 oddsmakers, betting firms and lotteries and flag any irregularities for investigation.

Athletes at Vancouver will be educated about the new program. All those accredited for the games, including athletes, are barred from betting on Olympic competitions.

For last year's Beijing games, the IOC used a system set up by FIFA for football to watch for irregular betting on Olympic competitions. The monitoring found that a wide array of bets were offered for all Olympic sports, but also that bets laid were generally small — between five and 50 euros (C$7 to $78), the IOC says. It says there were no cases of irregular betting.

"The results of the monitoring were very encouraging, there was not much betting," IOC member Thomas Bach said yesterday. "There was not a single bet where the alarms started ringing."

THE ASSOCIATED PRESS

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RIM, NSERC award Queen's $5M

BlackBerry maker Research in Motion and the Natural Sciences and Engineering Research Council of Canada have made a $5 million investment in a new Industrial Research Chair in Software Engineering of Ultra Large Scale Systems at Queen's University in Kingston, Ont. METRO NEWS SERVICES

Workology

UBC = $10,000,000,000?

According to a new report from the University of British Columbia, the institution had a $10-billion impact on the B.C. economy in 2008-09. The study found that half of the university's contributions to the provincial economy come from salaries and construction ($1.9 billion), visitor and student spending ($618 million), and a global UBC-educated workforce ($2.6 billion). METRO NEWS SERVICES

EDITOR: DOUGLAS.DUNLOP@METRONEWS.CA

Time to rethink MBAs?

Canadian schools confident in their programs, despite market slump

RAFAEL BRUSILOW
for Metro Canada

While the recent market meltdown has seen many experts calling for a re-evaluation of MBA education, several top Canadian MBA schools insist that human greed, not management instruction, is to blame.

With so many highly educated, MBA-wielding corporate leaders now mired in shame and guilt for their role in causing the market collapse, some powerhouse U.S. schools like Harvard and Stanford have quietly been talking about re-examining their teaching practices.

Canadian schools however remain adamant in their own curricula, propped up by Canada's relatively soft landing in the recent plunge.

"If anyone's bent on fraud, they're going to find a way. What we can do is teach students ethical decision-making models to give them the tools to make the right decisions."
Richard Powers, associate dean at U of T's Rotman School of Management

At the Rotman School of Management at the University of Toronto, a dedicated course in Ethics has been a mandatory curriculum requirement for MBA students for the past five years and overall the school is not planning any major changes in curriculum.

Richard Powers, associate dean at Rotman, says that when it comes to training future leaders, schools like Rotman work hard to instil a sense of corporate responsibility upon students but ultimately can only lead a horse to water — they can't force it to drink.

"I don't think there's anything we can do that's going to stop some of these activities. If anyone's bent on fraud, they're going to find a way. What we can do is teach students ethical decision-making models to give them the tools to make the right decisions," Powers said.

Don Melville, director of MBA and Masters programs at the Desautels Faculty of Management at McGill University in Montreal, also feels MBA educations aren't to blame for the human weaknesses that caused the crash.

He believes Desautels' MBA program, which includes small classes and a focus on reflective discussion, is designed to give students a strong sense of duty.

"I don't think (the market crash) was an MBA issue, I feel it was a human issue. Some students are going to be in it for the money — our goal here is to teach that there's something more than that," Melville said.

Melville also points out that many of the shamed leaders blamed for the current crisis graduated from their MBAs decades ago, long before the modern wave of tightened outlooks on ethics and sustainability.

Wendy Ma, assistant dean and director of the MBA programs at the Sauder School of Business at the University of British Columbia, says the school has always been focussed on corporate responsibility and recent events have just added more ammunition to instructors' teaching agenda.

"It's like a bomb was dropped and a lot of people are saying 'Let's make sure this never happens again,'" Ma said.

Workology in brief

UR GUARANTEE The University of Regina has launched a new program called UR Guarantee, designed to secure all student who complete the program requirements a job in their field within six months of graduating. All 2009 undergraduate students with 30 or less credit hours are eligible. Students who complete the UR Guarantee program but don't find work within six months of graduating, can then take another 30 undergraduate credit hours during the following year and the University of Regina will cover the cost of tuition.

GLASS CEILING According to a survey conducted by Research firm Catalyst, in 2009 the majority of women in business in Canada continue to make up labour force, not the top executive jobs. While 46.9 per cent of businesswomen make up the labour force, just 5.6 per cent of hold jobs as top business earners and only 13 per cent of women hold positions as board directors, indicating that there is still a glass ceiling when it comes to women's advancements in the business world.

MORE WOMEN IN THE LABOUR FORCE A recently released Statistics Canada survey found that women outnumber men in the Canadian labour force. According to the survey, in the first half of 2009, there were 7.1 million women paid in employment, compared to just 6.9 million men. However, the study did not include self-employed Canadians or those who are actively seeking work. Although women are getting more work, it's at a much lower rate than men; about 71 cents to the dollar. The sector that women predominate is the service sector, which includes health care.

STUDENT BOOM Keyano College, based in Fort McMurray, Alta., reports a 20 per cent increase in enrolment this year. Popular programs include environment technology and business administration.

–HEATHER BUCHAN

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$52M in PSE intellectual property income
In 2007, Canadian universities and affiliated hospitals reported over $52 million as income from intellectual property, down 12 per cent from 2006, according to Statistics Canada data released yesterday. METRO NEWS SERVICES

Form over function for resumés

When it comes to crafting the perfect resumé, a "top-down" approach is still employers' favourite, a recent survey confirms.

The Accountemps survey and conducted by an independent research firm.

Senior executives were asked, "Do you prefer to receive a resumé written in a chronological format that is organized by dates of employment, or one in a functional format that is organized by skills?"

THEIR RESPONSES:

- Chronological, 75 per cent
- Functional, 17 per cent
- No preference, eight per cent

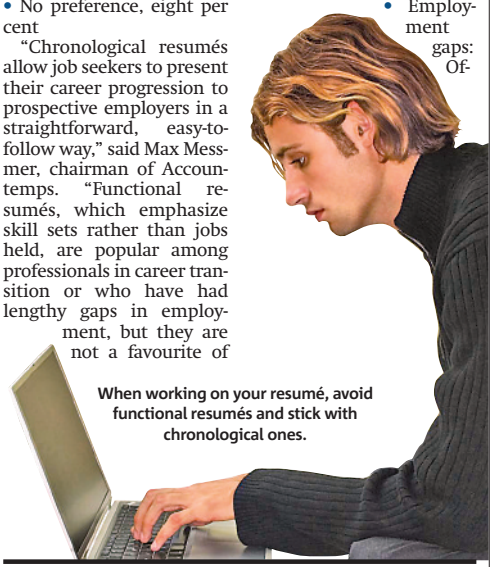
"Chronological resumés allow job seekers to present their career progression to prospective employers in a straightforward, easy-to-follow way," said Max Messmer, chairman of Accountemps. "Functional resumés, which emphasize skill sets rather than jobs held, are popular among professionals in career transition or who have had lengthy gaps in employment, but they are not a favourite of employers. It is often better to address a career challenge directly than try to write around it."

> **"It is often better to address a career challenge directly than try to write around it."**
> Accountemps Chairman Max Messmer

Messmer added, "Whichever format a job hopeful chooses, information contained in the resumé needs to be clear and provide a compelling story about his or her work experience and abilities."

SOME ADVICE:

- Employment gaps: Offer a brief explanation of employment gaps in your cover letter. In this economic environment, hiring managers understand people could be out of work through no fault of their own.
- Limited work history: Bolster your work experience through internships, part-time work or temporary assignments obtained through a reputable staffing firm. Don't forget to include relevant volunteer activities in the work experience section of your resumé.
- Appearing overqualified: Provide a summary of pertinent skills and strengths at the top of your resumé, in addition to a chronological listing of your work experience. Emphasize and quantify how you've contributed to bottom-line success in previous jobs and how that experience would apply to a prospective employer's needs. METRO NEWS SERVICES


When working on your resumé, avoid functional resumés and stick with chronological ones.

Career change?

- Highlight your accomplishments and skills that would best transfer to the new industry.

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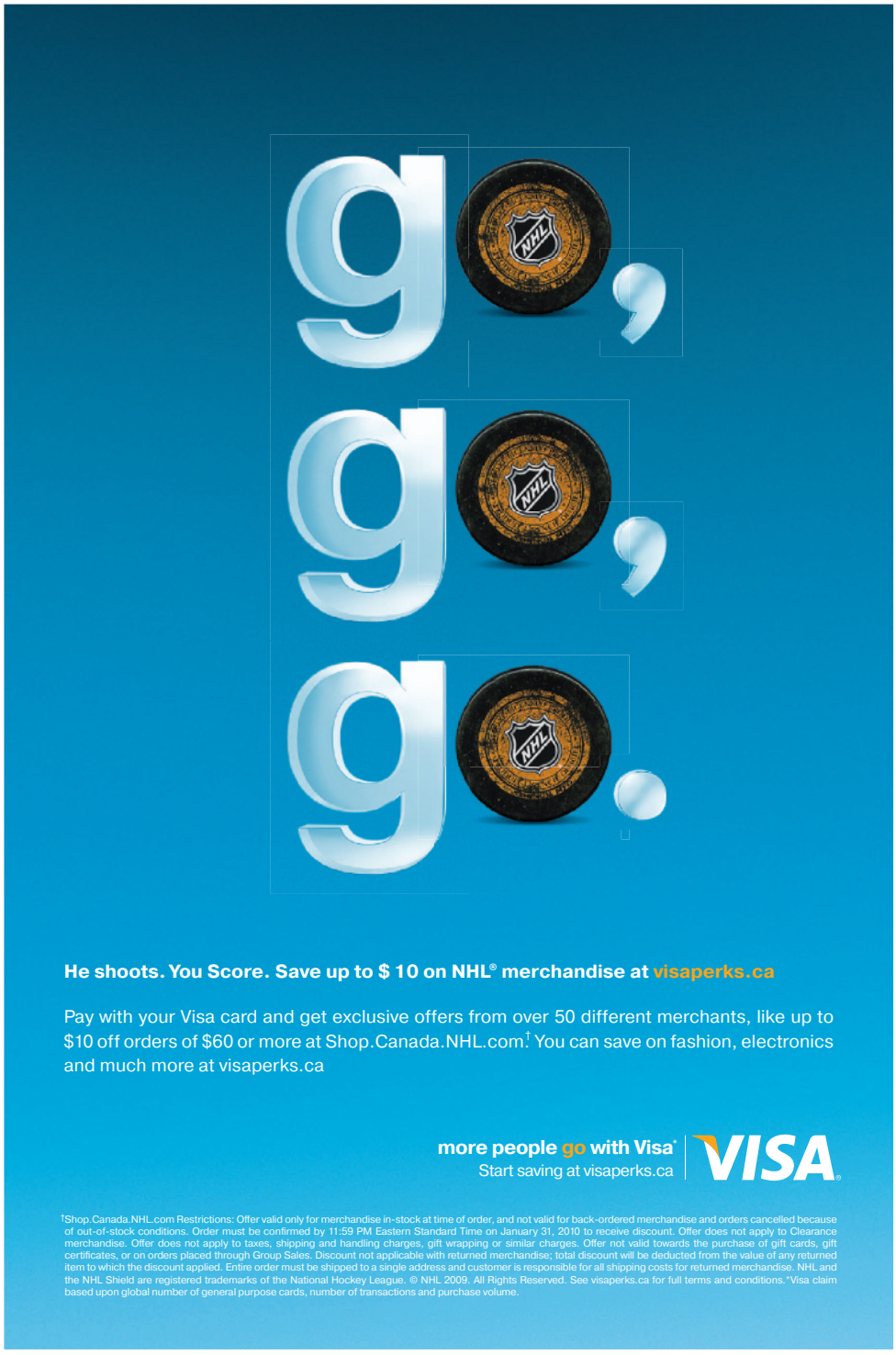
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Mounting the finished work
Most of bird taxidermist Richard Davis's final pieces get mounted on a simple piece of driftwood. But some higher-end orders call for a glass box and scenery around it. These are his favourite projects, and he creates things like twigs and grass using fibreglass resin. DIANE PETERS/FOR METRO CANADA

Gain eternal life, only after death

Odd**Jobs**

Diane Peters

Metronews.ca/oddjobs

Some say we're all artists in our own way. But Richard Davis was an artist who sold cars and helped run a dealership for 20 years.

As a child and teen, he loved to paint and draw. His parents just recently painted over the mural he created on his old bedroom wall.

But Davis had always worked for his dad at his car dealership in Tillsonburg, Ont., so he began full time when he finished high school.

Davis was good at his job. He was a top salesman and, thanks partially to two university-level management programs he took in his 20s, helped the business weather some tough times.

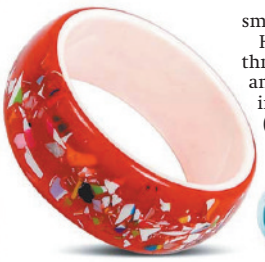
Then, 17 years ago, he went to a taxidermist's shop to have a fish mounted. He began tinkering with the tools, and somehow knew instinctively what to do. So, he started learning the job.

Eventually, Davis's freelance work started paying enough for him to quit his job — luckily his house was paid off and his wife had a full-time job. To avoid competing with the taxidermist who had taught him, Davis just worked with birds.

His basement workspace is very simple: It's unfinished except for florescent lights over his workbench. Davis used to keep live birds so he could observe them as he created. Now, he surrounds himself with bird books and tacked up pictures of winged creatures. "Your brain absorbs information without you realizing it."

Davis starts each project by making an incision along the belly of a dead bird — most clients are hunters but he'll also mount birds he finds dead in the woods or along the road — and pulls the skin and feathers off in one piece.

Stuffing and mounting birds, like this eagle, is Richard Davis' new passion as a taxidermist.



Usually, the bird has been frozen soon after death and there's little smell.

He puts the pelt through two hand washes and then gives it a soak in naphtha fuel (which is used in lanterns) to remove the grease — otherwise the bird will be an eternal dust collector.

Davis rarely uses real bones and skulls in his final work. Skulls in particular can shrink over time. So he's got his own collection of custom-make skeletons in plastic and foam core.

He chooses the right size and shape for the bird he's working on, builds it up, then puts the pelt on. Then it's just a matter of sewing it all together.

Diane Peters once hawked magic pens at the Canadian National Exhibition. She's now a writer and part-time journalism instructor.

The Lowdown

Job title: Bird taxidermist

Salary: $325 and up per mounted bird

Education/training: Most are self-taught, it's offered as a university program in the U.S. only

Best Part of the Job: "Art for me is not work."

Worst Part of the Job: "I work alone. There's no water cooler sessions, it's you and a dead animal."

Learning the jargon, after you have the skills

Skilled **Trades**

JON TATTRIE
for Metro Canada

Immigrants working in Canada may have a solid grasp of ordinary English, but find themselves baffled by workplace jargon. A pilot college program in Ontario aims to bridge this gap.

The Occupation-specific Language Training (OSLT) is being tested in six occupational areas in 13 colleges. It's the first of its kind in Canada, according to Sara Katz, a consultant with Colleges Ontario.

"It aims to fill the gap for people at the intermediate level that need more than general language training and really want to concentrate on occupation-specific language," Katz says.

"In the health-care sector, it would be a lot around how a nurse would interact with clients, or patients. In the business sector, it would be about conducting yourself at meetings, how to make presentations, appropriate ways to leave voice mails and e-mail etiquette."

A trained nurse who doesn't know that "anuric" is a term for a patient who's not producing urine and might need dialysis will struggle to find work. OSLT will give him the required jargon.

Jan Carter, manager of immigrant education at George Brown College, says it's also about making visible the invisible language Ontario workers take for granted.

A new program aims to help people who don't have a firm grasp of the English language to function well in their chosen industry.

"It's social, cultural and linguistics training," she explains. "It's designed for people who already have the skills, but what they don't have is experience working in (Canada)."

Someone whose only experience working in Canada was in an office might be taken aback by the saltier language of a construction site. Unprepared, they might take it as a far more serious issue than it is intended to be.

"The skills are very specific to the sector. For construction in particular, it's how to work with coworkers and clients, supervisors and really understanding the differences between directions, approvals and making requests," she says.

The courses are free to permanent residents and protected persons who are working in or want to reenter an occupation related to the covered skilled trades, or those who want to enter into a program to study a trade.

For more of the Skilled Trades exclusive series check Workology frequently or stop by:
metronews.ca/work

What people will say to coworkers

INTERESTING Here's what your co-workers would tell you in an embarrassing situation, according to a CareerBuider survey:

- Zipper is undone:
  - Same level co-worker 67 per cent;
  - Lower level co-worker 62 per cent;
  - Higher level co-worker 50 per cent.
- Something in your nose:
  - Same level co-worker 51 per cent;
  - Lower level co-worker 46 per cent;
  - Higher level co-worker 33 per cent.
- Food on face or in teeth:
  - Same level co-worker 66 per cent;
  - Lower level co-worker 60 per cent;
  - Higher level co-worker 49 per cent.

METRO NEWS SERVICES

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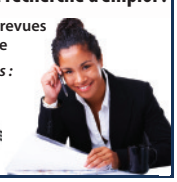

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Big screen Friends
Rumours continue to fly over news that the cast of Friends is finally ready to take Central Perk to the big screen. The U.K.'s Daily Mail reported over the weekend that the movie was definitely a go. **POPEATER.COM**

Entertainment

Spare prince

Rupert Grint and Robert Pattinson have both been tipped to play Prince Harry in a movie about the British royal's life. Director Peter Kosminsky is set to begin casting for biopic The Spare. FEMALEFIRST.CO.UK

EDITOR: DEAN.LISK@METRONEWS.CA

Will female fans forgive?

David Letterman should probably care what women think about him — and not just his wife.

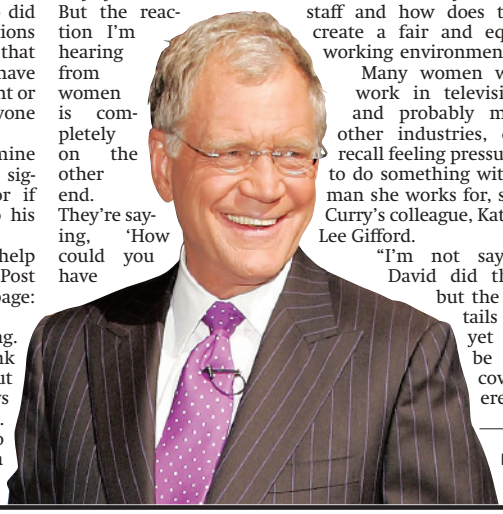
His back to back scandals this year — a crude joke about Sarah Palin's daughter and revelations through an alleged blackmail attempt by a CBS producer that Letterman had sexual relationships with Late Show staff members — are likely to hit his reputation hardest with women.

There are still many unknowns following Letterman's startling admission last week: How many women were involved? Did the relationships end well? Did women feel pressured by the boss' advances, or were they happily consensual? Did any other staffers feel the way to get ahead was through Letterman's bed? Are women who did not have intimate relations with Letterman upset that those who did may have gotten special treatment or career advances? Is anyone talking to lawyers?

All could determine whether Letterman is significantly damaged or if it's just a footnote to his career.

Certainly, it can't help when the New York Post blares on its front page: Dirty Dave's Harem.

"It's very interesting. Men and women think very differently about this story," NBC News anchor Ann Curry said. "The men I've talked to think, 'How could a person within your own company kind of betray you like this?' But the reaction I'm hearing from women is completely on the other end. They're saying, 'How could you have affairs, multiple affairs, with members of your own staff and how does that create a fair and equal working environment?'"



David Letterman has admitted to having sex with some of his co-workers.

Many women who work in television, and probably most other industries, can recall feeling pressured to do something with a man she works for, said Curry's colleague, Kathie Lee Gifford.

"I'm not saying David did that, but the details are yet to be discovered," she said. "They might have been very willing partners who initiated it. We don't know, but the minute we hear stories like that we go, 'Uh-huh.'"

Letterman's prickly personality and sarcastic humor seem tailor-made for a young, male audience. But the facts tell a different story: His typical audience was 58 per cent female last season, with an average age of just under 55, according to the Nielsen Co.

In other words, he should care very much whether women are disgusted by his behavior and reject his comedy as a result. THE ASSOCIATED PRESS

SNL pokes fun at Letterman

PEOPLE Add Saturday Night Live to the shows making sport of David Letterman's difficulties.

On SNL, Weekend Update anchor Seth Meyers dubbed the extortion attempt by a CBS News producer "a stupid human trick." Meyers added the would-be blackmailer was threatening to reveal embarrassing details of

Letterman's personal life, then gave a joking example: "After sex, he would always say, 'Stay tuned for Craig Ferguson.'"

Still to be heard from: Jon Stewart on The Daily Show and Stephen Colbert on The Colbert Report.

Both shows do not air Fridays, but are back with fresh episodes tonight. THE ASSOCIATED PRESS

Swayze first thought Dirty Dancing a camp movie

PEOPLE Dirty Dancing made Patrick Swayze a superstar but when he first read the script, he found it a little clean.

Swayze

The actor, who died Sept. 14 of cancer, writes in his memoir, "It seemed fluffy — nothing more than a summer-camp movie."

The memoir The Time of My Life comes out next week.

Swayze's reaction was completely different about another future smash, Ghost.

He immediately wanted to be in it and persuaded Jerry Zucker to cast him, despite the director's skepticism that Swayze could play a sensitive leading man.

Swayze also remembered working with a then-little known Tom Cruise in Francis Coppola's adaptation of the young adult classic The Outsiders.

Cruise, Swayze said, was so "self-conscious about his teeth" that he resisted magazine photo shoots. THE ASSOCIATED PRESS

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Milian pregnant

Amid much speculation, Christina Milian now confirms that she is going to have a baby. "My husband and I are expecting," she said. "We're about four and a half months along, about 19 weeks." PEOPLE.COM

Little miss shotgun

In Zombieland, Breslin trades cuteness for killer instinct

STEVE GOW
for Metro Canada

This may be difficult to digest but little Abigail Breslin may be Hollywood's newest action hero.

You can laugh but it's true. While the Oscar-nominated youngster behind Little Miss Sunshine is unlikely to become the next Chuck Norris, in her latest comic thriller, Breslin has taken up a shotgun to blast her way through Zombieland, which topped the weekend box office with $25 million in gross takings.

"I never thought I'd be in a zombie movie so it was kind of fun to do," said Breslin during a recent phone interview from New York.

"I don't know if I'm trying to branch out. I just do each movie because of the character and the story so I just really liked Little Rock (her character).

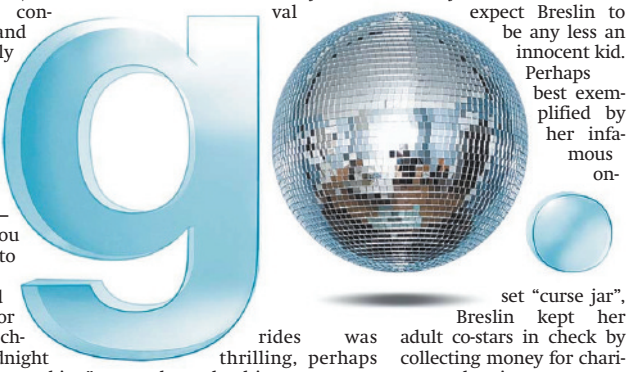
"I never thought I'd be in a zombie movie so it was kind of fun to do."
Abigail Breslin

"She's a con-artist and she's really tough, smart and really brave and fun to play and it's a zombie movie — how can you not want to (do it)!"

Described by director Ruben Fleischer as "Midnight Run with zombies," Breslin's latest movie casts her and Emma Stone (Superbad) as clever sisters who coerce fellow rambling apocalypse survivors Woody Harrelson and Jesse Eisenberg (Adventureland) to sojourn to sunny California in order to seek refuge at an amusement park from a worldwide plague that has turned everyone into the walking dead.

Although spending the opening weeks of production surrounded by carnival rides was thrilling, perhaps the only thing more surprising for Breslin was her adopted skill at shooting zombies — an attribute Stone has praised her 13-year-old co-star for.

"That was nice of her to say but the first time I was not very good," insisted Breslin. "Once you get used to it, it's not so hard but you still have to go through all of the gun safety stuff."



She may now be wielding firearms and killing zombies in R-rated fashion with Woody Harrelson but don't expect Breslin to be any less an innocent kid. Perhaps best exemplified by her infamous on-set "curse jar", Breslin kept her adult co-stars in check by collecting money for charity each time someone stepped out of line and cursed in her company.

"I don't think I even counted up how much we made. I think everyone was trying to watch (their language)," laughed Breslin when asked about her well-behaved castmembers. "Nobody stands out in my mind (as being a potty mouth)."

MetroGlobalPhotoChallenge

Photogatto Orange Harbour

Polanski agreed to deal: Records

SETTLEMENT Court records show Roman Polanski agreed to pay his sexual assault victim $500,000 to settle a lawsuit 15 years after he fled the United States.

The film director's attorney reached the deal in 1993. Records do not indicate if Polanski paid.

The last court filing shows the payment increased to $604,000 in 1996 because of interest.

Polanski's attorney in the case — David Finkle — declined to comment Friday.

Polanski pleaded guilty to unlawful sexual intercourse with a 13-year-old girl. He fled in 1978 before he was sentenced and is being held in Switzerland after his arrest there last weekend on a fugitive warrant.

Polanski

The victim and her family have not returned calls seeking comment.

THE ASSOCIATED PRESS

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	250	321	9 CTV	etalk (CC)	Hollywood	Dancing With the Stars (Same-day Tape) (CC)				(:02) CSI: Miami "Bolt Action"		CTV News
	-	-	10 JOY	Frasier (CC)	The Insider	Daily Weekend Edition (CC)		Poltergeist: The Legacy		Perspectives	Ek Noor	New Day
	252	336	11 GTV	Entertainment	ET Canada	House "The Tyrant" (N) (CC)		Lie to Me (N) (CC)		Heroes "Acceptance" (N)		News
	256	389	12 VI	Degrassi: TNG	TMZ (N) (CC)	Gossip Girl (N) (CC)		Two/Half Men	Big Bang Th	(:02) Castle (N) (CC)		A News (N)
	253	359	13 CITY	The Office	The Office	How I Met	Accidentally	Trauma "All's Fair" (N) (CC)		The Jay Leno Show (N) (CC)		The CityNews
	-	-	14 CW	The Office	The Office	One Tree Hill (N) (CC)		Gossip Girl (N) (CC)		Seinfeld	Seinfeld	Frasier (CC)
	289	381	15 CBS	Entertainment	The Insider	How I Met	Accidentally	Two/Half Men	Big Bang Th	CSI: Miami "Bolt Action" (N)		KIRO News
	287	379	16 NBC	Evening Mag.	Inside Edition	Heroes "Acceptance" (N)		Trauma "All's Fair" (N) (CC)		The Jay Leno Show (N) (CC)		KING 5 News
	602	568	19 W	Old Christine	Friends (CC)	Friends (CC)	Grocery Bag	Love It or List It (N)		House-Sell	House	Love It-List It
	288	380	21 ABC	Wheel-Fortune	Jeopardy! (N)	Dancing With the Stars (Same-day Tape) (CC)				(:02) Castle (N) (CC)		KOMO 4 News
	-	-	26 KVOS	M*A*S*H	Seinfeld	Never Talk to Strangers ★★ (1995) Rebecca De Mornay.				Cheers (CC)	Cheers (CC)	Seinfeld
	291	383	27 PBS	Conver-KCTS	Antiques	Antiques Roadshow (CC)		Inventing LA: The Chandlers and Their Times (N) (CC)				Voces (CC)
	290	382	28 FOX	Two/Half Men	Two/Half Men	House "The Tyrant" (N) (CC)		Lie to Me (N) (CC)		Q13 FOX News at Ten (N)		Family Guy
	-	364	45 PBS	Inventing LA: The Chandlers		Being Served	Keeping Up	Tavis Smiley	Charlie Rose (N) (CC)		Antiques Roadshow (CC)	
	296	654	47 SBK	The Office	Name Is Earl	Frasier (CC)	'70s Show	South Park	Half & Half	Paid Program	Hatchett	No Back Pain
	298	653	48 TLA	Two/Half Men	Two/Half Men	One Tree Hill (N) (CC)		Gossip Girl (N) (CC)		KTLA Prime News (CC)		Friends (CC)
	295	651	49 WGN	WGN News at Nine (N) (CC)		Family Guy	Two/Half Men	According-Jim	Friends (CC)	Friends (CC)	Maury Paternity tests. (CC)	
	297	652	57 WPX	PIX News at Ten Tong. (N)		Two/Half Men	Friends (CC)	Friends (CC)	According-Jim	Family Guy	South Park	Scrubs (CC)
	199	311	78 STR	CTV News	NTV Latenight News		Late Show-Letterman		Late Late Show		Inside Edition	Will & Grace
news	502	390	26 NW	Wired		CBC News: The National (N)		CBC News: The National		Wired		National
	500	500	38 CNN	Anderson Cooper 360 (CC)				Larry King Live		Anderson Cooper 360 (CC)		Cooper 360
sports	407	419	22 RSP	NHL Hockey Columbus Blue Jackets at Vancouver Canucks. (Live)					Sportsnet	Sportsnet Connected (Live)		Sportsnet
	400	400	30 TSN	NFL Football: Packers at Vikings			SportsCentre (Live) (CC)		2009 World Series of Poker		Motoring 2009	SportsCentre
	411	457	49 OLN	Ghost Hunters (CC)		Bounty Hunter	Bounty Hunter	Survivorman (CC)		Ghost Hunters (CC)		Bounty Hunter
	410	403	54 SCR	WWE Monday Night Raw		Score Now	Score Now	WWE Monday Night Raw (CC)				Cabby Unlimit
	417	406	55 SC	Barrett-Jackson		Car Crazy	Pass Time	This Week in NASCAR		SuperCars	SuperCars	Auctions
	416	409	144 GLF	Fútbol: Equipos SA		Off the Pitch	Gol TV News	Off the Pitch	Game Cap	Paid Program	Gol TV News	Gol TV News
family	552	543	25 YTV	Drake & Josh	To Be Indie	Malcolm-Mid.	Hates Chris	8 Rules	What I Like	The Next Star (CC)		Adrenaline
	555	545	50 TEL	Scooby-Doo	Total Drama	Total Drama	6TEEN	Futurama	King of Hill	American Dad	Futurama	Chicken
	557	541	51 FAM	Wizards-Place	Han. Montana	Zack & Cody	Latest Buzz	Wizards-Place	Life Derek	Ned's School	Cory in House	Zack & Cody
	553	546	53 TRE	Babar (CC)	Big & Small	Max & Ruby	Dragon	Backyard	Ni Hao	Go, Diego, Go!	Franklin	Comfy Couch
cable variety	268	354	8 KNO	Recreat. Eden	Landscape	Monarchy "A Nation State"		Mona Lisa Curse (N) (CC)		My Big Fat Diet (CC)		Gwishalaayt
	575	583	20 CMT	Home Imp.	Home Imp.	Due South (CC)		Reba (CC)	Reba (CC)	According-Jim	According-Jim	Home Imp.
	570	580	24 MM	Dance	Love Court	One Tree Hill (CC)		Video on Trial	Video on Trial	MuchVibe		Spotlight
	600	564	29 H&G	House	House	Holmes on Homes (CC)		House Poor	Income Prop.	For Rent	My First Place	House
	615	520	31 A&E	Hoarders "Tara; Betty" (CC)		Paranormal State "I Am Six"		Intervention (CC)		Intervention (CC)		Hoarders
	628	584	32 SPKE	The Ultimate Fighter		The Ultimate Fighter		DEA "Up the Ladder"		CSI: Crime Scene Invstgtn.		Trek: Voyager
	521	560	34 TLC	Ultimate Cake Off (N) (CC)		Jon & Kate	Jon & Kate	Jon & Kate	Jon & Kate	Ultimate Cake Off (CC)		King of Crown
	615	522	39 SHO	The Outer Limits (CC)		Shock to the System ★★ (2006, Mystery) Chad Allen. (CC)				Bones "The Woman in Limbo"		NCIS (CC)
	620	523	40 BVO	(6:00) Caesar and Cleopatra		Law & Order "Falling" (CC)		Without a Trace "Chameleon"		Delirious ★★ (1991) John Candy. (CC)		
	601	562	41 SLC	Plastic-Perfect	Plastic-Perfect	ET Canada	What	Biggest Loser Australia (CC)		Beauty and the Geek (CC)		Trading Sp
	520	505	42 DIS	Dirty Jobs "Sheep Castrator"		Daily Planet (CC)		MythBusters (CC)		Dirty Jobs "Sheep Castrator"		Junk Raiders
	522	506	44 HIS	True Story-Big Red One		Patton 360 "Rogue General"		Battles BC (N) (CC)		We Were Soldiers ★★★ (2002) Mel Gibson.		
	627	528	45 SPC	(6:00) Scream ★★★ (1996) Neve Campbell.			Stargate SG-1 "The Nox"		Star Trek: Next Gener.		Star Trek: Voyager (CC)	
	294	650	47 TBS	Family Guy	Family Guy	Seinfeld	Seinfeld	Seinfeld	Sex and-City	Stuck on You ★★ (2003) Matt Damon. (CC)		
	619	525	48 TROP	Raymond	Raymond	The Outer Limits (CC)		ET Canada	Comeback	Family Guy	Raymond	Raymond
	603	561	52 FN	At the Table	At the Table	Restaurant Makeover (CC)		Unwrapped	Unwrapped	Top Chef: Las Vegas (CC)		Food
	-	-	53 AMC	(5:00) Sabrina	(:45) Mad Men	"Souvenir" (CC)		(8:47) The Secret of My Success ★★ (1987) Michael J. Fox.				(:15) Mad Men
	626	547	57 COM	Air Force	22 Minutes	Corner Gas	Name Is Earl	The Simpsons	South Park	Finesse Mitchell: Snap		Daily Show
	320	621	60 CEN	(6:00) This Christmas ★★		Dexter "Remains to Be Seen"		Californication	Nurse Jackie	Cadillac Records ★★★ (2008) Adrien Brody.		
	581	566	101 MTV	True Life Multiple partners.		MTV Live	MTV News	The Hills	After	True Life Multiple partners.		MTV Live
	261	394	102 V	Unscripted (N)	Archaeologist	Poltergeist: The Legacy		Oscar and Lucinda ★★★ (1997) Ralph Fiennes, Cate Blanchett. (CC)				
	-	-	119 MUL	Banquet	Boys Over Flo	State Secret		Magpakailanman		Pinoy	Pinoy Records	Patrol World

critics'corner

Wired for Sex, Lies and Power Trips: It's a Teen's World

Sex sells. That's nothing new. What is relatively new — and very disturbing — is the way sexuality is being sold to teenagers. In this new documentary, filmmaker Lynn Glazier talks with three groups of teens about the sexual messages that they're getting from popular culture. What emerges is a worldview in which the lines between "sexy" and "sexual harassment" are blurred, and girls are confusing availability with empowerment. 7 PM on NW

The Big Bang Theory

Aspiring lotharios Howard and Raj (Simon Helberg, Kunal Nayyar) hit a Goth nightclub in an attempt to score with available — if somewhat freaky — women, while Sheldon (Jim Parsons) tries chocolate-based behavior modification on Penny (Kaley Cuoco). Johnny Galecki also stars in the new episode "The Gothowitz Deviation." 9:31 PM on CBS VI

Box office

Following are the top 10 films at the North American box office for the weekend beginning Oct. 2, according to studio estimates:

1. **Zombieland:** $25 million US
2. **Cloudy with a Chance of Meatballs:** $16.7 million
3. **Toy Story/Toy Story 2 :** $12.5 million
4. **The Invention of Lying:** $7.4 million
5. **Surrogates:** $7.3 million
6. **Capitalism: A Love Story:** $4.9 million
7. **Whip It:** $4.9 million
8. **Fame:** $4.8 million
9. **The Informant!:** $3.8 million
10. **Love Happens:** $2.8 million

THE ASSOCIATED PRESS

Kenya'sStyle

Kenya Hunt

Read the blog at metronews.ca/kenyasstyle

For complete online movie listings, trailers, reviews and tickets, visit:
metronews.ca/movies

Birthday boy
The Daily Mail reports that American Idol judge Simon Cowell marked his 50th birthday on the weekend surrounded by 400 guests at a party that cost $1.5 million US. **POPEATER.COM**

This season, X-Weighted tackles families

IAN JOHNSTON
for Metro Canada

Paul Plakas has seen a lot of laziness in his 18 years as a personal trainer and TV fitness expert. But nothing quite prepared him for the families he helped out on the fourth season of the series X-Weighted.

"I've seen a few things that shocked me over the years, but every once and awhile ... wow," says Plakas, from his Edmonton home. "There was this 15 or 16 year old girl who sent out something like a thousand text messages a month. She'd text message her mom in the kitchen to see if dinner was ready. And her mom enabled her by texting back."

That's just one example of the 13 families on board for the fourth season of X-Weighted, which turns its focus from individuals to families and the epidemic of fat kids in this country.

According to Statistics Canada, there are three times as many overweight children in Canada as 25 years ago.

And while Plakas says things like stress and the rise of prepackaged foods have played a small role in that increase, he places much of the blame on the parents.

"Mostly it's the parents fault their kids are overweight. It's the parents who ultimately allow it to happen and create the lifestyle. You don't find many fit kids living with fat parents."

The surprising thing that comes out of the new season of X-Weighted is the emotional toll that body image has on kids — some of whom are as young as eleven.

Though ultimately, the families get back on the road to healthy living, it can be a rough journey to watch. "It's a tough season. It feels at times like an hour of crying. And when you see a kid distraught, it makes you distraught."

• X-Weighted: Families airs Thursday night on Slice.

Paul Plakas, fitness expert on the show X-Weighted.

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IN THEATRES OCTOBER 23
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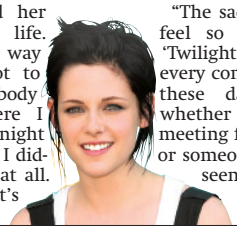
Beckinsale Esquire's top hottie

Kate Beckinsale has been named Esquire magazine's Sexiest Woman Alive. The Underworld star, 36, takes the crown from Halle Berry, who was named last year's top lady, femalefirst.co.uk reports. METRO NEWS SERVICES

Celebrity Buzz

Stewart laments fame

BOO HOO Kristen Stewart admits that starring in the Twilight movies has ruined her personal life. "The only way for me not to have somebody know where I went the night before is if I didn't go out at all. So that's what I'm trading," she tells Dennis Hopper in a piece for Interview magazine.

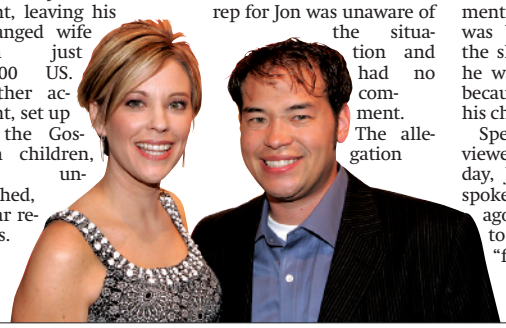


"The sad thing is that I feel so boring because 'Twilight' is literally how every conversation I have these days begins — whether it's someone I'm meeting for the first time or someone I just haven't seen in a while."

METRO WORLD NEWS

Jon plus cash, minus for Kate

OUCH The nasty war between Jon and Kate Gosselin just took its ugliest turn yet, people.com reports. According to Radar Online, Jon cleared out the couple's joint bank account, leaving his estranged wife with just $1,000 US. Another account, set up for the Gosselin children, was untouched, Radar reports.



A source familiar with the situation confirmed the details of the report to People, and said Kate plans to take legal action, adds the magazine. When initially reached for comment, a rep for Jon was unaware of the situation and had no comment. The allegation against Jon caps an intensely bitter week between the couple, during which their TLC series Jon & Kate Plus Eight suspended production. The move followed the network's announcement on Sept. 29 that Jon was being dropped from the show, and him saying he wanted stop the show because it was damaging his children.

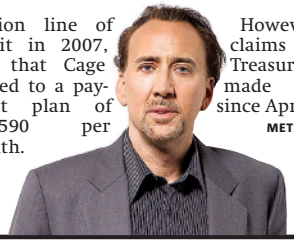
Speaking to CNN interviewer Larry King Thursday, Jon, 32, said he last spoke to Kate "3½ weeks ago," and that she wants to keep the show going "for financial reasons."

METRO WORLD NEWS

Cage sued for payback default

TIME TO PAY UP? Nicholas Cage is finding himself on the wrong end of a $2 million US lawsuit, as East West Bank is suing the actor for breach of contract, according to TMZ.

The suit claims that the bank extended Cage a $2 million line of credit in 2007, and that Cage agreed to a payment plan of $11,590 per month.



However, the bank claims the "National Treasure" star hasn't made a payment since April.

METRO WORLD NEWS

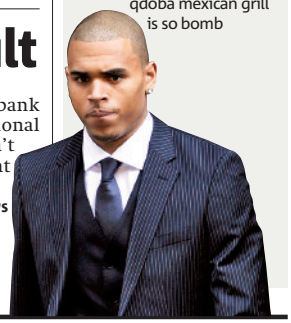
Celebrity tweets

Katy Perry finds her inspiration for Halloween this year: Karl Lagerfeld, who has some not-so-cheery thoughts about fashion, and Chris Brown loves his Mexican food.

• @katyperry just interviewed Karl Lagerfeld... he was so lovely. I think I'ma be him for halloween. Collar, boots, gloves and all. Twerk!

• @Karl_Lagerfeld Fashion's life is short. It's six months, six months, six months. It's not something you do for a great future.

• @MechanicalDummy qdoba mexican grill is so bomb



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Tuesday Sunny 13° / 7°

Wednesday Sunny 15° / 7°

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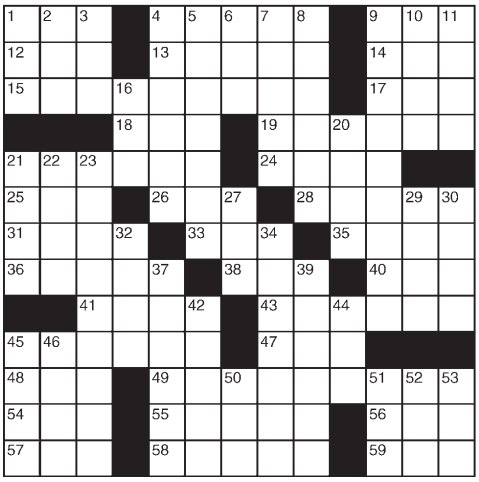
Take Five



ACROSS

1 Slugger's tool
4 Avocation
9 Despondent
12 Work with
13 Swan Lake role
14 Weeding device
15 Wisconsin city
17 Away from WSW
18 Approvals
19 Hidden marksman
21 Societal levels
24 Engineering sch.
25 "Wha'dja say?"
26 Morning moisture
28 Considers
31 War god
33 Thanksgiving veggie
35 Let fall
36 Old hat
38 Talk on and on
40 Modern-day evidence
41 Be on an angle
43 Arizona city
45 "Heavens!"
47 Jurist Lance
48 Possess
49 "Find the pea" con
54 Scarlet
55 Wear down
56 Visibility hindrance
57 "— Miniver"
58 Related to the moon
59 Pair

DOWN

1 Clear the tables
2 Blond shade
3 Golf prop
4 Addicted
5 Homeric work
6 Ginormous
7 Explosion
8 Had a longing (for)
9 Crèche figures
10 Top-rated
11 Antelope's playmate
16 Automaton, for short
20 On the rocks
21 Punch-ballot bit
22 Emanation
23 Small, stocky ponies
27 Witty one
29 Stereo alternative
30 Bridge
32 Crystal gazer
34 Waltzing girl of song
37 Maiden
39 Culprit in a trite whodunit
42 India's first prime minister
44 Gear tooth
45 Students' quarters
46 Basin accessory
50 A billion years
51 Toward the stern
52 Tend the lawn
53 Id counterpart

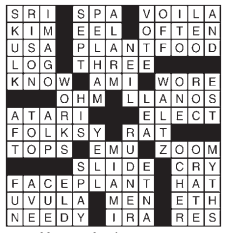
Sudoku

For more/less challenging Sudoku puzzles, visit metronews.ca

HOW TO PLAY: Digits 1 through 9 will appear once in each zone — one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.

2			4	6	7			9
	6				1	8		
				5				
8		5					4	
	3	7				6	5	
	1					2		7
				4				
		1	5				3	
5			6	7	9			8

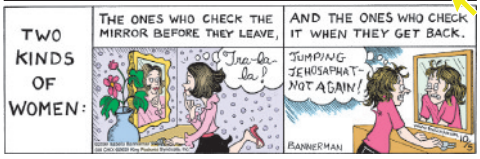
PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:



7	2	6	1	3	5	8	9	4
3	9	1	7	8	4	2	5	6
4	5	8	2	9	6	1	3	7
8	6	2	9	5	7	4	1	3
9	3	4	8	6	1	5	7	2
5	1	7	3	4	2	6	8	9
2	8	5	6	7	3	9	4	1
6	4	3	5	1	9	7	2	8
1	7	9	4	2	8	3	6	5

On the web

For more games and 60 additional daily cartoon strips, visit metronews.ca


TWO KINDS OF WOMEN:
THE ONES WHO CHECK THE MIRROR BEFORE THEY LEAVE,
Tra-la-la!
AND THE ONES WHO CHECK IT WHEN THEY GET BACK.
JUMPING JEHOSAPHAT- NOT AGAIN!
BANNERMAN

Metro Recipe of the Day

Beef Barley Stew

INGREDIENTS:

1-1/2 lbs (750 g) lean beef stew meat, cut into 1/2-in. (1 cm) cubes
1 medium onion, chopped
1 tbsp (15 ml) vegetable oil
3 cans (14 oz/398 ml) beef broth
1 cup (250 ml) medium pearl barley
1 tsp (5 ml) dried thyme
1/2 tsp (2 ml) dried marjoram
1/4 tsp (1 ml) dried rosemary, crushed
1/4 tsp (1 ml) pepper
4 medium carrots, sliced
2 tbsp (25 ml) chopped fresh parsley

METHOD:

1. In large pot or Dutch oven, brown meat on all sides and onion in oil over medium-high heat. Add broth, barley and seasonings; bring to boil. Reduce heat; cover and simmer 1 hour.
2. Add carrots; bring to boil. Reduce heat; cover and simmer 30-40 minutes or until meat and carrots are tender. Add parsley just before serving.

SERVES 8

rd.ca

For nutritional information on this and other great recipes, go to **rd.ca** or check out **Key Ingredients in this month's Reader's Digest, on newsstands now!**

Horoscopes by Sally Brompton sallybrompton.com

For Sally's expanded daily and weekend horoscopes, visit metronews.ca

ARIES ♈
MARCH 21-APRIL 20
There are times you enjoy doing things that are random and irregular and that's the mood you'll be in today. You'll have fun if you know when to stop.

TAURUS ♉
APRIL 21-MAY 21
You will be at your best today. You don't have to take risks but if you do they will pay off and you will gain a new awareness of what is possible in your life.

GEMINI ♊
MAY 22-JUNE 21
You'll learn a lot about others today by observing how they react to events. If their initial reaction is panic, then you don't want them on your team.

CANCER ♋
JUNE 22-JULY 22
You'll likely enjoy the shocks and upheavals taking place around you over the next 24 hours. Others may be fearful, but to you it'll be one big joke.

LEO ♌
JULY 23-AUG 23
Anyone who thinks you'll give in at the merest hint of pressure is clearly a bad judge of character; they'll learn it doesn't pay to try and hustle a Leo.

VIRGO ♍
AUG 24-SEPT 22
Aim to do something today that shakes up friends, family and colleagues and reminds them you're not the type who can be taken for granted.

LIBRA ♎
SEPT 23-OCT 23
Upheavals are likely today but if you stay calm and focus on your long-term goals you will be strengthened rather than weakened by the day's events.

SCORPIO ♏
OCT 24-NOV 22
Do something exciting today, something that sets your heart beating faster. Involve other people too: it's more fun when you share.

SAGITTARIUS ♐
NOV 23-DEC 21
Don't worry if others disapprove of what you're doing. Most likely it's a sign you're doing it right. You've never been the safe and dependable kind.

CAPRICORN ♑
DEC 22-JAN 20
You may be a class act but people will respond to you better today if you're a little bit outrageous in the things you say and do. Aim to go over the top.

AQUARIUS ♒
JAN 21-FEB 18
Move with the times today, or lose out to rivals who really are not in your league. There is no reason you shouldn't put your own interests first.

PISCES ♓
FEB 19-MARCH 20
You'll do something crazy today and even those who know you will worry you may be losing your mind. But you know exactly what you are doing.

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purple

sidewalk

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1 , 3

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